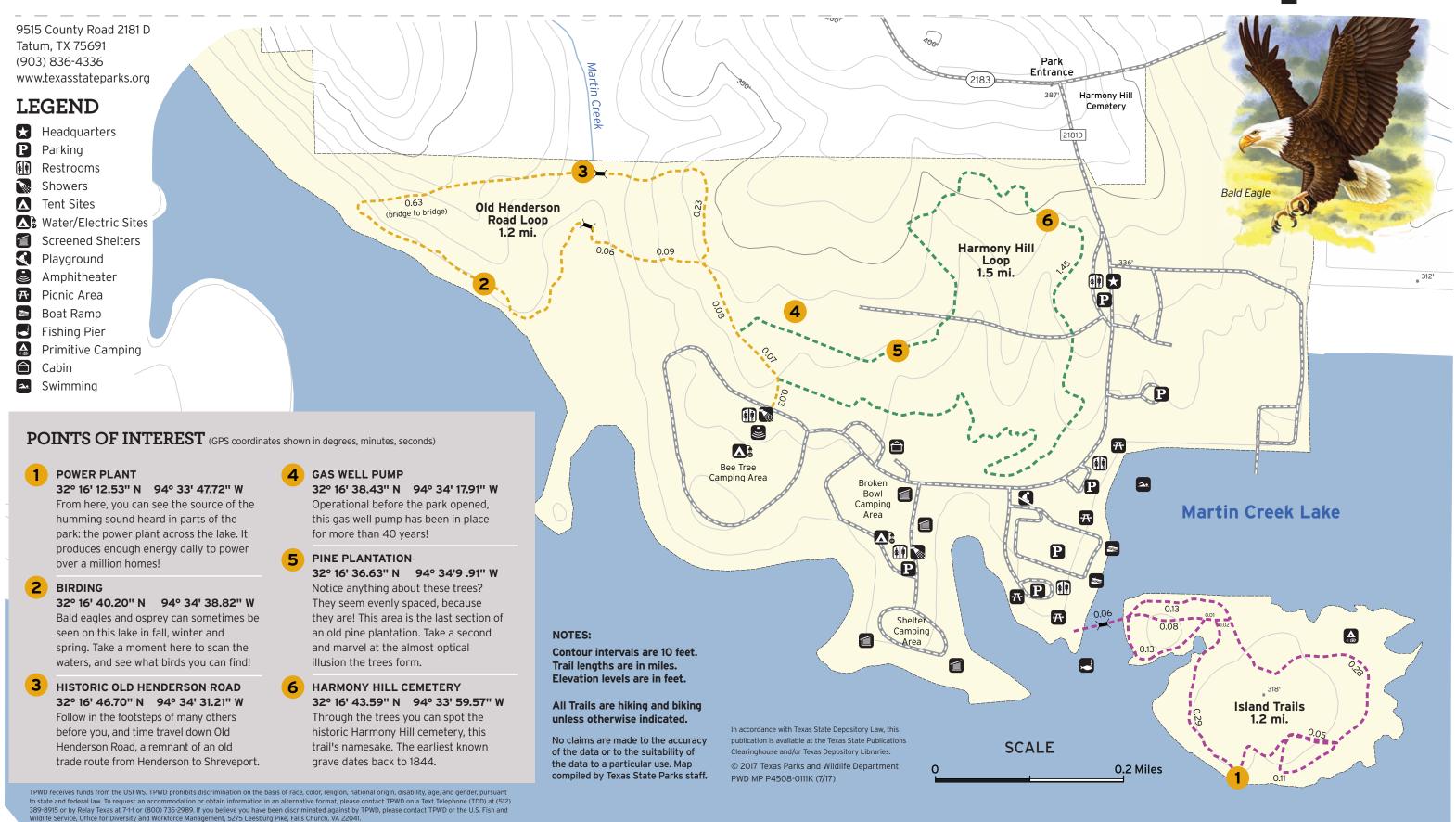


# Martin Creek Lake State Park Trails Map



## A haven among the pines.

At Martin Creek Lake State Park, anglers young and old seek the next big one in the lake, and shaded campsites and trails offer refuge to visitors. Kick back and relax while you're here.



#### STAYING SAFE

KNOW YOUR LIMITS. Prepare for sun and heat. Wear sunscreen, insect repellent and appropriate clothing/hiking shoes.

**DRINK PLENTY OF WATER.** Your body loses fluid quickly when you're on the trail. Bring a quart of water per hour of activity.

TELL OTHERS WHERE YOU'LL BE. If possible, avoid exploring alone. Tell someone where you are going and when you plan to return.

**WEAR A HELMET.** When mountain biking, check with park HQ to match the trail to your skill level. Wear a helmet to protect yourself in case of a crash.

POTENTIALLY HARMFUL PLANTS AND ANIMALS LIVE HERE. You'll see them more easily if you stay on trails.

### FOR EMERGENCIES, PLEASE CALL 9-1-1.

TRAIL	DISTANCE	DIFFICULTY	DESCRIPTION
OLD HENDERSON ROAD LOOP	1.2 mi.	Moderate	Feel history come alive, as you travel down Old Henderson Road, a former trade route between the towns of Henderson and Shreveport.
HARMONY HILL LOOP	1.5 mi.	Easy	This path winds through a dense forest, skirting the edge of the former community of Harmony Hill, now a Nationally Registered Historic District. Peer through the trees to catch a glimpse of the town's cemetery.
ISLAND TRAILS	1.2 mi.	Easy	Take a walk on the wild side! Explore tall pines and open grasslands, and maybe spot a deer! How do you think the deer got on the island?

#### TRAIL ETIQUETTE

**Trash your trash.** Keep the park natural. Pack out all of your trash and Leave No Trace.

**Leave feeding to nature.** Feeding wild animals will make them sick and more likely to cause harm to people.

**Take only memories and pictures.** Please don't disturb or remove any of the park's plants, animals or artifacts.

**Keep pets on leashes** to keep them safe, while protecting wildlife.

